

### 3) Empathy: Goldie and the Tree of Mindfulness





## Moshi Mindfulness in the Classroom series

is a focused sequence of CASEL-aligned lesson plans. Built around the magical Moshi world, the lessons use audio content and characters to bring social-emotional learning to life across topics like self-regulation, awareness, and making friends. Take-home sheets are included with each lesson so that kids and families can practice mindfulness in and out of the classroom.

## CASEL Standards:

**SOCIAL AWARENESS:** The abilities to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, & contexts.

**RELATIONSHIP SKILLS:** The abilities to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups.

## Academic Standards:

Common Core English/Language Arts Standards:

CCSS.ELA-LITERACY.W.K.8

CCSS.ELA-LITERACY.W.1.8

With guidance and support from adults, recall information from experiences or gather information from provided sources to answer a question.

CCSS.ELA-LITERACY.W.2.8

Recall information from experiences or gather information from provided sources to answer a question.

Common Core English/Language Arts Standards:

CCSS.ELA-LITERACY.SL.3.2

CCSS.ELA-LITERACY.SL.4.2

CCSS.ELA-LITERACY.SL.5.2

Determine the main ideas and supporting details of a text read aloud or information presented in diverse media and formats, including visually, quantitatively, and orally.



## Objective:

Demonstrate empathy and compassion.  
Show concern for the feelings of others.  
Seek or offer support and help when needed.

## Essential Questions:

How can I be empathetic towards others?  
Why is it important to show concern for the feelings of others?  
What can I do to be a supportive friend?

## I Can:

I can demonstrate empathy and compassion by showing concern for the feelings of others.  
I can be a supportive friend by offering support and help when needed.



## Empathy: Goldie and the Tree of Mindfulness

Now we will listen to a story called 'Empathy: Goldie and the Tree of Mindfulness'. This is Goldie! Click on the picture to begin listening:



[http://moshisleep.com/play/Goldie\\_Lesson\\_3](http://moshisleep.com/play/Goldie_Lesson_3)

This series of lessons focuses on specific segments of the Moshi audio track, Goldie and the Tree of Mindfulness. The time stamps you'll need for each segment are included at the beginning of the lesson plan.

## Before You Listen

As Goldie climbs the Tree of Mindfulness she learns about kindness, optimism, empathy, gratitude, and happiness.

This lesson focuses on empathy, or putting yourself in someone else's position.

When you think about how someone else feels, that's empathy.

Think about a time when you felt empathetic towards someone.

- What was the experience like?

## After You Listen

Professor Feathersnooze teaches Goldie about empathy.

She learns about valuing others' views and showing compassion.

Can you think of a time when you showed empathy to someone by considering their feelings?

- How did it feel to be empathetic?
- Has someone shown you empathy?





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